

**Achievers Early College Prep Charter School - Lunch**

November 1 - November 30

*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Meatballs on a Wheat Hot Dog Bun-1 Roasted Potato Medley-3/4 c. Fresh Orange-1 Milk-8 oz.	2 <b>PIZZA DAY</b> Domino's Pizza-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
5 <b>MEATLESS MONDAY</b> Baked Ziti-5 oz. Green Beans-3/4 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	6 <b>TACO TUESDAY</b> Chicken Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. 6" Soft W/G Taco Shells-2 Fresh Apple-1/Milk-8 oz.	7 All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c. Pineapple Cups-1/2 c. Milk-8 oz.	8 Chicken and Waffles-6 oz. Fresh Baby Carrots with Dip-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	9 <b>PIZZA DAY</b> Domino's Pizza-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Fresh Banana-1 Milk-8 oz.
12 <b>MEATLESS MONDAY</b> Whole Grain Bean and Cheese Burrito-5 oz. Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	13 <b>TACO TUESDAY</b> Beef Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. 6" W/G Hard Taco Shells-2 Diced Pear Cup-3/4 c.Milk-8 oz.	14 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Grain Bread Fresh Orange-1 Milk-8 oz.	15 Grilled Teriyaki Chicken Bites-4 Sliced Carrots-3/4 c. Fortune Cookie-1 Whole Wheat Dinner Roll Pineapple Cup-1/2 c. Milk-8 oz.	16 <b>PIZZA DAY</b> Domino's Pizza-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.
19 <b>MEATLESS MONDAY</b> Cheese Lasagna w/ Sauce-5 oz. Peas-3/4 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	20 <b>TACO TUESDAY</b> Chicken Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. 6" Soft W/G Taco Shells-2 Fresh Apple-1/Milk-8 oz.	21 Turkey and Cheese on a Whole Wheat Bun-1 Fresh Baby Carrots with Dip-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	22 <b>HAPPY THANKSGIVING</b>	23 <b>NO SCHOOL</b>
26 All Beef Hamburger on a Whole Wheat Bun-1 Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	27 Beef Nachos w/Cheddar Cheese Sauce-5 oz. Carrot Sticks w/ Dip-3/4 c. W/G Scoops Tortilla Chips-1 oz. Pineapple Cup-1/2 c. Milk-8 oz.	28 All Beef Hot Dog on a Whole Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	29 Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	30 <b>PIZZA DAY</b> Domino's Pizza-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**